

## Beautiful Course with Julie Renee Session\_3 of 8 \_Weight Loss

Hi everyone and welcome to the call. We're getting going here maybe a minute early and I'll see if we have a couple viewers already. If you like to declare either what your intentions are as far as slimming up. Whether it be changing sizes, how many dress sizes you want to lose, or how much you want to slim off of you figure, or how you want to feel. Any of those would be great. We have a little survey that we're going to pop up right now, so if you want to take the survey and let us know how much weight you've lost if you have, that would be great. And if you're in a little bit of a stall, tonight is going to be a shifter for us.

So I'm just checking to see who's on the call. Just one second here. Oh there we go. I see you. Yay! Alright, well feel free to sign in and say hi on the chat box. And we're going to get going tonight and we're going to be doing the adrenals, the pineal gland, and I'm also going to touch on the thyroid tonight.

So let's go ahead and start pumping for soul contracts down to DNA. And another thing that occurred to me was that some of you might have demonic curses that won't allow you to be in the relaxed parasympathetic system to actually lose weight. So we're going to be working on a whole bunch of stuff tonight. It's going to be awesome.

By the way, if you lose connection from now on, we will have both the conference line and the video, so we'll have both them. So if you have a problem with one, understand that we'll have the phone line on as a backup. It won't be interactive but you won't miss anything, or if you have a night where you can't sit in front of your computer, you can get on your phone and still be part of things. So that's the new policy after Tuesday.

So okay, I see some comments coming in. "Hi Julie!" Yeah, absolutely. Liz, "Good morning. I'm really looking forward to this session and the clearing." Fantastic! Gilda, "Good evening. Thanks for redoing the sonar." Of course. You have no idea that when I can't get to you guys, I get so stressed out. Oh my God. Because I so want you to get this and I want to have a breakthrough tonight for all of us. I lost 6 pounds the first week or I lost 5 ½ pounds, and then I lost 6 ounces the second week, so I'm ready for a breakthrough myself and I think this is the night to do it. This is the night to make the shift.

Okay, 7 viewers. Yay! It's been a beautiful rainy day here today. Raining off and on. It will rain for awhile and then it will stop, and then it will rain some more. I had my fireplace going for awhile. I'm getting used to my new home. Oh, my beautiful rug for my bedroom. I have marble floors and a marble fireplace in my bedroom and I got this gorgeous, gorgeous rug that was delivered today. It's got some of the color of my blouse and then it's pinks, and oranges, and this cranberry color. It's really pretty.

So I hope you're all making yourself happy and having moments of validation and fun and playfulness. I'm curious about how your exercise program is going. I went from the Yoga Booty Ballet and I'm now doing the 30 minute Power 90, the P90X3 which is very hard but I'm doing a very modified version, so I'm doing it. I'm also going to check in with you how many of you are doing two meditations at this point or how many are doing one and how's it going for you? If you

notice that things aren't shifting as fast as you want them to, you can always pump for yourself too. So you can pump for weight loss during the day for 10 minutes.

Okay, I see some more comments. Oh my goodness, LC has lost 8 pounds. "Doing it. Feeling healthier. Have a lot to lose. I'm enjoying the program." Fantastic! That's great news. Diane, "Hi Julie. Glad to be joining the group." Welcome! So fantastic.

And some of us will have – like my goal was to lose 10 pounds. Now I may lose a pound or two more hopefully, and some will have more, like 40 or 50 pounds. And so you can talk about percentage of body, like I want to lose 30% of my body weight. That's also a way to say it. And ultimately, we're really working on lightening up. I know people, generally when we lose something and we all know this psychologically, that nobody wants to lose like your wallet or your purse or lose your shirt. *[Laughs]* So I think lightening up and owning our body in a more powerful way is a really great way to be approaching and looking at things.

Oh, more comments. I love it! Many viewers, this is making me really happy. Thank you, thank you, thank you. And for those of you who are just signing on, from now on, we'll be using the phone line as a backup. So if we ever, ever have a crash like we did the other day or if you just can't get in, we'll be using the phone line also at the same time.

Okay, let's see. "I don't think I ever got the meditations except the Q5 Weight Loss." Okay Mari, well we've sent you the links multiple times, but if you want to send a request again for the links, we've sent it out to the whole class multiple times at this point and I get it that maybe you just didn't see the link, but the link takes you into the program. So you could personally send me an email and I will personally send it on to Marlene. She's the one who has been kindly resending over and over again. And we want you to have them. The links take you into the different calendars and as a matter of fact, I might actually have them that I can put in the chat box. Hang on one sec here. Let's see. I think I actually -- yes, I did it. Let's see if this works. I'm not sure if you can cut it out of the chat box. One second here. Here we go darlings. So understand we've sent this to you two or three times, but did it go in? It did go in. Okay, see if you can cut that out because those are the delivery pages for the three different programs - the facelift, the full body rejuvenation, and tightening and toning during rapid weight loss. And what I'm recommending for everybody is let's all go through the total body rejuvenation program for this 8-week period. That's what it really love for you all to do. That would be the best. And then you can use the others, it's just using the meditations in different ways. It's the same meditations used in a different order and setup differently, so they produce a different result. Perfect!

While we're pumping for clearing soul contracts down to DNA, let's talk about some other things that you can do to get your body working better. So the brushing lymphatic -- you know, using a brush to brush your lymph system is really, really helpful. So it's a brush that looks a little bit like a loofa sponge but it's a brush on a wooden handle and you can do circular motions going up your legs and that actually helps with cellulite. There's also a little cellulite roller that can help break the cellulite up. But then we have to look at why are we getting cellulite and cellulite can come from DNA programs. A lot of times it comes from the body not being able to eliminate the toxins.

A couple weeks out, I think in a week or two, we're going to be doing the liver and thyroid together and metabolism and I'll be giving you the directions for a liver flush if you want to do that. But in the meantime, I could recommend some other things. One of the things I like to do is soak in Bentonite and a clay bath, and that pulls the toxins out of your body. Some of you would be able to do salt baths and some of you won't. I know salt baths are wonderful for detoxifying. Bentonite clay though is heaven. You put two cups of the clay into your bathtub and soak for a half hour to an hour. You know what I do? I bring my little tiny laptop into there and I watch movies while I'm soaking for an hour, but you can do your meditations in there too, and it really pull the toxins out of the body.

Another thing that's kind of a chelation kind of a thing is this little bottle and it's Ncd2. It's some kind of a natural defense. What it's actually doing is it's helping pull toxins out of the cells. And so you put like three drops under the tongue five times a day. It's kind of a natural chelation. So if you were looking at -- you're purifying, you're cleaning up your diet, you're eating more raw, a big rule of thumb is when you're in this program, at least half of the food that you eat each meal should be raw food or it doesn't have to be raw, it could be steamed but like just food in its natural state. That would be really great. Also if you want to, use things that help pull the toxins out of the body. So we can clear, clear, clear and then we can also do the outer actions.

Okay. *[Laughs]* Very good. I'm so happy Mari and that was the solution wasn't it because we have actually sent them a few times. So this is good. You know that that's the ... It happens to me all the time.

Let's see where we're at with this. It's at about 70%. We still have more to go. I introduced the idea of demonic curses and satanic energy because sometimes, you've tried and you've tried. Now there are people who lose weight and can't sustain it and it's the same thing in any aspect of life. So if you're having problems sustaining money or problems sustaining weight loss or ideal, things fluctuate up and down, it kind of echoes in all aspects of your life, doesn't it? And so by doing a deeper level of clearing and investigating what is that about, that ability to sustain and even to improve more dramatically, grow younger and have more muscle tone or whatever that is. Let's get to that too in this class. Maybe we'll be at it tonight and certainly we're working on the demonic curses right now and we're also working on everything down to DNA around improving the adrenals, the pineal gland, sleep in general, and we're also going to work on the thyroid tonight because I'm just getting from a number of you that we need to start treating the thyroid. Now, we'll have a whole class on thyroid and liver also I believe, so we'll get to it again but I'd like to do some clearing on that already, right away.

How many of you are coming to join me at the Diamond Immersion Retreat? It's coming up and I sent you a little gift letter today. I'll spend just a second talking about it. If you decide that you're going to jump in and come in now before the class, it starts on the 19<sup>th</sup>, it's in San Francisco, what we're going to be doing is you will get either the week program with all the bonuses, all the home study programs or you'll get a VIP program. So it's a very, very special deal. We didn't fill all the seats and of course I want all those seats filled. I want chicks in seats. We don't want any empty seats. So if that's appealing to you, there's still a 4-pay option, so you can just pay it over time if you want to jump in and get right in there. It's an incredible deal because the VIP program itself is \$ 6500 and that's being gifted to you to come to the program,

or you get all the home study programs; one or the other. So I hope some of you join me. I hope some of you are coming.

Oh and we're starting a new program this week. We'll be sending out an announcement on Sunday and it's called Essence. It's 197. It's spirit, soul, life force, and high self and it's rebooting, restoring spiritual life force and high self. It's an amazing program and what I've discovered as I worked with people over the years is that most people have some damage and problems with their spirit, their life force isn't great all the time, and so that's what we work on. We work on restoring everything to 100% so that you can really, really own and live in your body and it makes a huge, huge, huge difference. So, that's coming up. It starts on Tuesday the 12<sup>th</sup>, from 8 to 9 Pacific Time. And like I said, we'll send out an announcement on Sunday if you're curious about that class. An announcement would be made. It's something new. I never taught that one before, although I certainly worked with that topic many, many times in the VIP Program.

Okay, 100% clear. Now what we're going to do is look at everything to do with sleep and the pineal gland. So let's start on the head and when we look at sleep, we're looking at – let's clear spiritual parasites from your sleep space. So you'll just be going like this to clear spiritual parasites. We'll be clearing evil spirits, and entities, and aliens, demons, transmortals – we'll be clearing them all. So for the next few minutes, from your sleep space, from the center of your head, and from your aura, we're going to be clearing spiritual parasites. That's the next thing. Yahoo!

I was interviewed a day before yesterday. I was interviewed everyday this week and we were talking about spiritual parasites and restless leg syndrome. And you know restless leg syndrome seems to get quite a bit worse in the evening and that's when people are tired and their spirit really isn't in their body. So aliens and things jump into the legs and move the legs around without the person wanting them to move. So clearing spiritual parasites really helps with restless leg syndrome. Also with migraines, it really helps.

So while we're working on the center of the head, and the Aura, and the pineal glands, let's talk about that a little bit. The pineal gland is a little coffee bean shaped gland and it's responsible for releasing melatonin into the body and so we want that wonderful melatonin released into the body and there are reasons sometimes why the melatonin won't release. One of the reasons is watching a bright screen, like not having the sunset kind of experience. The ancient body was triggered by the sun going down and melatonin was released to help you – it's kind of like the sleep drug of the body to help you fall asleep. So understand that the ancient body was set up to be triggered by the sun going down. And then if you're sitting in front of a bright screen, the eyes don't register that it's become dark if you have like a computer screen, if you're working on the computer screen late into the evening.

So what we like to do is suggest that you have a period of time for maybe a couple hours where the setting where you're off the computer. Maybe go for a walk, have some dinner. Once the trigger has happened, once the body has registered the sun going down, you could go back and work on the computer for another hour or two and potentially not have a problem. It's missing the trigger that causes the problem. And if you have been for a long, long time not a good

sleeper, you probably can't use the computer after 6 or 7 o'clock at night and be successful at falling asleep.

There are things that help. I think with weight loss, you really want to get at least 8 hours of sleep at night and I know that's going to be really hard for some of you. When I'm really stressed – I haven't been so stressed here in this house. It seems to just relax me. I'm on the top of a mountain and then I have incredible views. But if you're really stressed, you can take a homeopathic from Highland. It's called CALM. C-a-l-m. Calm. But any homeopathic company has a sleep homeopath and Calm seems to work for me. Not one, maybe take – if you're one of those people who has a hard time falling asleep when you're stressed, maybe you want to take three of them or four of them so that you really get what you need. You could start with one, but they're homeopathics so it's tiny, tiny doses. And there's also one called Insomnia that Highland makes that I think is good. It works with the body differently. You can muscle test and see if that's a good match for you.

Calcium will put the body to sleep. When I lived on the farm, my neighbor Sally Benson who was mother earth herself, she would eat lettuce. Lettuce is full of calcium apparently so she said, "Oh you can eat a head of lettuce before you go to sleep and you'll sleep really well." And they had cattle so she also had warm milk without the cocoa and the sugar. Just warm milk. So calcium is a good choice. In Whole Foods and health food stores, they sell a product that's calcium called AB-Calc or AB-Calm and it's in a little blue can. It's just powdered calcium that you can drink before you go to sleep. It also helps with aches. So if you're doing workout routines and you're a little achy, you're building new muscle, taking the calcium will also help with that. Some will calm down, like leg cramps and things like that it's really good for.

I've also found like heat on the tummy, not necessarily electric heat but maybe a hot water bottle. The biggest nerve runs through the center of the body and by putting a hot water bottle on your tummy, it will pull the energy down to your belly and out of your head and help you fall asleep. So that's another one that really works nicely for me. A warm bath is really good. Yeah, so those are some ideas to help you.

I think good sleep hygiene makes such a difference day and night. It makes a difference with how well the body runs and also hydration. So you want to be drinking enough water. 4 ounces every half an hour. Herbal tea is cool. You can have herbal tea as well as water. That counts as water. Tea with caffeine, so green tea and black tea, they're diuretics so you need to drink water if you green and black tea. Ginger. I'm drinking ginger.

Okay, it looks like a couple of comments. "How do you know when there are spiritual parasites in the body and I can't hear you anymore." Okay, Gilda if you can't hear me anymore, you might need to shut down your browser. So you could shut off the computer and then turn it back on and come back in and you can call the phone number too.

Oh yeah, so where was I? I was talking about good sleep and the value of good sleep and then water. So it would be our goal to be getting 8 hours of sleep. I think I've really been working on trying to even get more than 8 hours of sleep when I can. With the move and the stress and everything going on, more sleep is better for me. So sleep is really, really important.

I also think I sleep better when I exercise and going for a walk after dinner can really get you in a good, healthy sleep mode. Not from just utter mental exhaustion but that your body was at work and your muscles worked and you really had the experience of living in the body all day long and now you want to relax. So sleep is really, really, really important. And we all know when we don't sleep, how we stay in the sympathetic nervous system – looks like something shifted. Okay, so that clearing of spiritual parasites is done. Very good.

Okay, so now we're going to work on restoring. So we're going to do cell regeneration on the pineal gland. You can just pump. I'm going to draw out what it looks like what we're thinking. I'm just going to grab a pen here.

Okay, so imagine that's a cell and that's the nucleus absorption organelle, elimination organelle, and DNA. So they'll be reduced if your pineal gland isn't at 100% and what we're doing is we're using the human blueprint and we're bringing it back to its 100% state and then from there, we're mirroring it to the surrounding cells and so then we get a big boost up by mirroring it to the surrounding cells and this is a master cell that we're regenerating, a cell that was with you 7 days after your parents conceived you. And then after mirroring, we start a cascade of new cell growth. And how that looks is there's a mitochondria and that's the fuel generator of a cell and it looks a little bit like a caterpillar crawling on the inside of a membrane. And we push on the belly of the caterpillar to make the caterpillar giggle and new cell growth starts.

"How do we know when we're done?" You can muscle test. I had this sensation, oh something shifted with the spiritual parasites that we were ready to go to the next level. But you can muscle test and everything. I read from this hand, so my left hand is my reading hand and my right hand is my pumping hand.

So right now what we're doing is we are working on restoring the master cell and then rebooting the pineal gland to 100% for each one of you, so that we'll have the pineal gland and then we'll work on the melatonin and have that at 100% too. So you should get a really good night's sleep.

I had one great session after another today. A lady I worked with, her first VIP session two weeks and she has Lyme's disease and terrible neuropathy and she's better. She was like I haven't had so many good days; I didn't even know I could have good days. And then neuropathy significantly improved. Actually the doctor tested and the doctor was happy and surprised that the neuropathy is significantly reduced. So very wonderful -- one session after another like that. Everybody was really calling in with all their good results and how wonderful they're feeling and yes, there are more things to work on but lots and lots of breakthroughs, so that always makes me very happy. I'm excited about the Diamond Retreat because we're going to have just a room full of miracles. Everybody is going to walk out with some shifts and changes and wonderful, wonderful happenings.

Are any of you in the Golden Year Age of Miracles? I don't know. That's coming up next week and we're doing the whole endocrine system. Wow, Incredible! So we're going to do everything; the glands of the brain, and the throat, and the body, and all of them. So there are 11 glands and organs that run the endocrine system and produce hormones. Talk about a fantastic hormone reboot. It's going to be amazing, amazing.

The process we're doing is called cellular neogenesis. Cellular neogenesis – the regeneration of the cell, and then the cascade of new cell growth that goes with that regeneration. And there are two aspects of cellular neogenesis. The first one is taking something that already exists but perhaps it's not existing at 100% function. And then we are bringing it using the quantum field and the human blueprint, we're bringing it up to 100%. So just like in Kirlian photography where a leaf exists, even where it's torn away you see the leaf exist. Or like a person who's an amputee and has had a limb removed and yet they still feel it and when they're examined at Kirlian photography, there's still an energy field where the limb was. This human blueprint, the cells continue to exist. So human blueprint bring it back into 100% good shape, so the cell is now – the nucleus, absorption organelle, DNA, and everything is repaired and back to 100% with the cascade of new cell growth.

And then there's a second aspect of cellular neogenesis which is to take out of the ethers, the master cell, from something that's surgically removed and then grow it back and it continues to exist on the astral. One of the main difficulties of doing that is that the belief system is so strong that when something is surgically removed, it's gone, that the mind won't allow the organ or gland to be re-grown. Now I have grown back my tonsils and adenoids. I'm working on some other body parts that have been surgically removed from myself, growing back a colon for a woman. It's very, very doable and there's a lot of factors involved but if you have a great deal of faith and you're stubbornly determined, there were reports of organs growing back after being surgically removed left and right. I know Russia, there's a lot of that. But the aspect that we're doing isn't the surgically removed one – the cellular neogenesis. We're actually working with things that maybe you're a little reduced function and we're bringing them up to 100% function.

So some of you really did have low functioning pineal gland because we're at 72% done and I know some of you have perfectly functioning pineal glands. So just pump, pump, pump and the whole class moved up and then we'll go to the adrenals next and work on those.

"Would love to be attending the Diamond Retreat." And just so you know, we have had students come in from Australia for the Diamond Retreat. So just put it in your realm of possibility. I don't know where we're going to have the next one. This one was hard to get students enrolled in. I think people are so used to doing the online classes that the live classes – we'll see. It's probably only going to be a live class once a year. And the fun about the live class is that we're actually together for a week so we become a family. I think when we do online classes, you and I have a relationship but you don't get to know all the other students.

"I am with you in the Golden Age." Great Lori. "What if I have replaced it as a hip replacement or a knee replacement?" That's fine. I wouldn't worry about anything that's artificial. You could just get a lot better help with everything that is in there and not worry about growing back a bone or something that would be too much. So I think bloom where you're planted and make the best of everything you have, so you can get the ligaments and the muscles working better and things like that. That's what I would focus on if you've got replacements. So you had it handled.

One of my students, one of my apprentices had breast cancer and had a breast removed and is growing back her breast. And actually, she's definitely growing tissue back. So know that it's so, so doable. It's very possible. I don't know how much of the breast tissue she'll get back, but she

definitely is on her way. So it's really about creating a new belief system isn't it and some of it is about clearing and then doing the technique, doing the cellular neogenesis which we spend a whole day on in the Diamond Retreat. I did a little quick sketch for you and I've got you pumping, but there's some that you can learn about it that is very valuable and then we go through one of the systems while we're there.

You know I also find doing the meditations at night before you go to sleep are really helpful because they really clean everything out. So if you had some foreign energies moving through your body that were disturbing you, the guided meditations from this program are really wonderful for using right before going to sleep. They do relax, and calm, and release the nerves and the adrenals, and clear out the center of the head. They're really nice.

Okay, we're at 92% on the pineal gland. A couple of you really had some that weren't working too good.

I'm also thinking as we're finishing this up because there's not really much more I want to add to the pineal gland conversation but I'm wondering, I have this beautiful book called the Slow Down Diet and it talks about eating food for pleasure, eating very slowly, chewing, putting your fork down each time you take a bite, and people just naturally lose weight not by following some particular diet but by following a way, a style of eating which is slow and enjoyable, chew your food really well, breathe in between. It's a very lovely book. If you're interested in changing your philosophy about eating and learning a nicer way, I think -- I used to just shovel it in, whenever I could throw some food in my mouth and then keep going and you got to think that that's not user friendly. I know we talked about the mouth and the saliva and how 30% of the breakdown of food happens with the saliva. It's got the enzymes that are starting to break things down and you've masticated, you've chewed really well so your food is mush. And if you skip that part, your stomach has to work so much harder. Like acid reflux and different kinds of problems can be stirred up when you don't chew your food well. I was looking at that book today thinking, this is just such a lovely philosophy, the Slow Down Diet.

Welcome! I don't know what the thank you was for but you are very welcome. Okay, pineal gland is good. Let's go right to the adrenals and we're going to start regenerating the adrenals too since I didn't realize we have 18 minutes left. So we're going to just pump on the regeneration of adrenals now. And if there's any extra from the quantum field as we're really focused on the adrenals, well allow that to go right into the thyroid, to correct the thyroid. And like I said, we do have a time devoted for the thyroid, so this is feeling like this would really help if we do a little. But obviously sleep gland is important, adrenal are important; we want to give you every possibility to improve the things that really allow you to go to a healthier state which allows you to go to really your 100% expression of self. And you know when you are at your ideal weight, that is 100% expression of self, isn't it?

Okay, well let's talk about adrenals then next since we're working on the adrenals. So the adrenals and you've heard me describe it many times are little acorn shaped glands. They can be as somewhere between the size of an apricot and a plum, and sometimes people say the size of a walnut, so kind of in there. It can be a little bigger and sometimes a little smaller. It depends on who you are, and your body, and genetic makeup and all that. And then when they



are overstressed or overtaxed, they shrink down to the size of a dried out raisin. I helped Holly, one of the women I worked with, we helped her get her adrenal that was completely failed, it was the size of a raisin, back to plum size and that took four months to grow that adrenal back. Now if you talk to Western medicine, if you talk to a medical doctor, once the adrenal has failed, they consider that it can't be regenerated. They don't understand that it can be. So it will be very, very exciting for the pet scan to read that the adrenal had gone from complete failure to 100% fully, healthy, active adrenals. So it's very exciting and understand, this was done in a body that was really challenged. She had 46 tumors, she had one cancer, and that adrenal grew back while she was having cancer treatment, so that's very exciting. She was one of my students who would come to live events. She came to the Miraculous Healing Program when I had it. Before we had the Golden Age Year of Miracles, we used to do a 3-day retreat every other month for people who had more challenges. .. actually want to be students, like learn how to do it so much, as they just really needed the help, they needed to get healthy and better. So now we have the Golden Age and actually the Diamond Level is all about regenerating and rejuvenating your cells so it's very much like the Miraculous Living weekends that we used to do. But now we have a global audience and so it would be a little unrealistic to get you guys in for a 3-day weekend every other month, so I think it's really great to have the internet and have this wonderful connection.

Okay, so we're pumping on adrenals. We're about 30% through, so we have some waste to go. The adrenals release many, many chemicals. For little corn like glands, it's surprising. I looked at like a flow chart of everything that the adrenals do and they were like 19 or 20 or maybe more chemicals that were released from the adrenals. So some of the ones that you know are cortisol, which puts on belly fat and adrenalin. But understand that there are many, many, many chemicals that are released from the adrenals. I think a little testosterone comes out of the adrenals. Ladies, I think that somehow it gets controlled from there. Because we have I think testosterone a little bit from the adrenals and from the ovaries, that's where we get it from. Obviously, men have more.

It's funny, the exercise program I'm doing, Tony Horton, he's the Power 90, P90X3, he goes through this explanation. "Ladies, you don't have enough testosterone in your body to get all ripped like this. You'd have to take illegal steroids and drugs to look like this." So we just don't have enough testosterone to make big muscles. However, we have enough so that that also gives us our sex drive believe or not and also our drive to accomplish things. So if you have enough testosterone in your body, you can be successful in business. So that really, really helps.

Okay and then adrenalin, adrenalin was a really, really wonderful aspect of our body when we are running away from a saber tooth tiger. So we would have this adrenal function that would spit out adrenalin and then we could run away from the mammoth or the saber tooth tiger or whatever, we were running and running and we could run for a few days. The body had enough reserves and by the way the adrenals were set up, it would take out this cortisol which would allow us to hold on to our fats. We wouldn't deplete. So we're designed to be out in nature eating raw food and running away from danger once a month, or three times a month, or whatever and now, the adrenals in this day need a big upgrade because every time an alarm goes off, every time a phone rings, every time a bing bings, or you're in a scary thriller movie or

whatever, you're spitting out adrenalin. You're spitting out adrenalin over and over and over again. And so the adrenals eventually coop out and that's why we have so much adrenal failure and adrenal fatigue.

Years ago, I was engaged to a pediatrician and he said, "I just don't get it. There are always kids coming in and they're exhausted..." And I said to check their adrenals, they're having adrenal failure. At 16 years old, he had a whole bunch of students, because the pressure was so much in the area we were in, Marin County and performance for these kids, getting in to the right schools and there was so much pressure, they weren't growing up like kids who go play and had fun, they had adult pressures early on and they were glued to their technology. So there were bings, and bings, and bings, and bings. And these young kids would come in with adrenal failure, and of course Western medicine doesn't really offer anything for adrenal failure, so it's a tough thing.

So understand that you're going to want to always take good care of your adrenals. If you've listened to Fatigue to Fabulous Meditation, the adrenal meditation, you can walk around pulsing golden suns on your adrenals all day long. And if you see that it's important, if you see that, yeah I want my adrenals really functioning well so I feel great all day long and I have the oomph I need, and also you want to just really pay attention to your stress levels. A certain amount of stress is important. It helps us to accomplish things. And then there's a certain level of stress that's just crazy stress that breaks down the body, so you want to avoid the crazy stress. A little bit of stress is fine, but a crazy stress is not fine.

Okay, we're in our last 10 minutes or so. If any of you have some questions or comments, anything that you're wondering about that might make a difference. So you're all following a healthy diet, you're all exercising, and the challenge last week was to do doubles if you could, which was some exercise in the morning and some at the end of the day or later in the day, and then also eating healthy, and if you could, to do the double meditations. So if you want to keep that up this week, that's fine but it was the challenge for last week. This week, we're all about getting good sleep. Good sleep and keeping the body relaxed, so if you want to have fun exercise, and yoga, and stretching, and walking in nature, it's fine to pump weights and also building muscle really helps with doubling up the fat.

I'm definitely open if you have some questions or you want some direction. Please write in the chat box and let me know. Not any questions. Oh, I know there's a time delay so maybe you were typing. Mother's Day is coming up. Happy Mother's Day! How many of you are moms? How many children do you have? Or how many mothers do you have? I know with parents marrying multiple times, you might have 6 mothers. *[Laughs]*

Okay, let's see. Liz, "With double meditations, do we do the same one night and morning or do we do the current weeks in the morning and the second four weeks in the evening?" I think it's more fun to do a different meditation each day, I mean each time. So in the morning, do the month 1 and in the evening, do month 2. It's kind of fun because you're approaching it from different aspects. And then also if you're working on eyes, and forehead and eyes, or cheeks and mouth or whatever, you can also pump to clear any blocks to growing younger, or if it's your

breasts, belly or thighs, after you've done the meditation, you can pump for blocks that might be in the way of having your body exactly the way you want it. You can do that too.

"2 grown and 5 grandkids." Oh that's great, Mari. Is it Mari or Mary? And Chris, "One son and 2 grandchildren." Wonderful!

Well it must be kind of chilly. It's pouring rain again. Heaters are all coming on in my house. You can probably hear some sounds. Yay! I have to get used to all these new sounds. Okay, Gilda, "3 grown, 6 grandchildren. 5 through 20." Wow! That's awesome. Mary, thank you. Okay, I got it; Mary. That's an easy one to remember.

Oh my goodness, pump faster everyone. Pump, pump, pump, pump, pump. Let's see where we're at with the adrenals. Oh, 97% on the adrenals. Very good. So let's do a chemistry adjustment also, so let's see if we can start working on the DNA and the hypothalamus on directions on chemistry. So we're improving our pineal gland, melatonin and our adrenal chemistry to 100%. We'll work on that the last few minutes.

How about me? I'll bet that's about kids. I have 3 grown kids; Rita, Becky, and Peter, and I have 3 grandchildren. That's what I have. Liz, "I find when I do the second meditation before bed, I feel energized and I can't sleep." Well then, that's an interesting thing. Pace yourself. Maybe you do your at supper time, right after supper and you have a couple hours to slow down. You know I -- It will just relax me and I don't know, but I've been doing the meditations for like 30 years, so it has a different effect on me. Ann has two boys, 19 and 16. Very wonderful.

Yeah okay, so grown kids, 38, 36, and 34. Grandchildren, 10, 7, and 4. A whole lot of babies in heaven. I had a lot of miscarriages. I think I wanted to be mother to the planet or something. I had 15 miscarriages. I think I probably have some world record for that. I think I was supposed to work with all of you and not be busy with 15 children, or 18 children. That's probably it.

Okay my dears, we're in the last few seconds. I want you to know how proud I am of you and how much I love you. And take some time to celebrate this week, whatever the wins are that you're having. You're doing a wonderful job. Stay relaxed, get enough rest, drink enough water. Try to drink a little bit more water this week, every half an hour and see if that helps a little with weight loss. Sometimes, drinking water before a meal will kind of slow it down and make you feel a little full so you won't eat as much and the water will really, really help with keeping the chemicals, the chemicals that are flowing in your body beautifully. God bless you. I love you.

I see some more things come up. "Happy Mother's Day to all the moms." Yay! And Trevor, "Hi it's me in Brooklyn representing the guys. 3 am. I'm ready for sleep. Thanks! Love you." I love you too. I'm so happy Trevor you just joined today. It's wonderful to have you in the group and we have an amazing, amazing group.

Love yourself this week, extra, extra special. Get lots of resting. A little bit of stress is good, like I said. Keep that stress down and I'll see you next week. God bless. Bye-bye!

**[END OF TRANSCRIPT 01:06:50]**